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| **Theme:** | **Chef – At Home Zoom Meeting** |

Date: 29 May 2020

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| **Time** | **Min** | **Activity** | | **Equipment** | | **Scouter** |
| Hi cubs, so good to see you all. Welcome to our sixth Zoom Online Meeting. I hope you all have the items handy that I asked your parents to get. We are going to have a flag break ceremony and repeat our promise. So, everyone stand at attention please and when I say please salute then you all need to salute and say your cub promise. | | | | | | |
| 16h00 | 5 | **Opening:**  Welcome cubs and parents  Flag Break and repeat promise | | None | | Akela |
| Today we are going to look at what a Chef does. A Chef is different from a cook in that a Chef’s has to study recipes, set up menus and prepare high-quality dishes. A head chef should be able to delegate tasks to the kitchen staff to ensure meals are prepared in a timely manner. Ultimately, a chef has to ensure that the restaurant or hotel is able to deliver a complete menu for guests and patrons. Tonight, we are going to do some cooking like a Chef but before we do what is the first thing we should do in the kitchen? | | | | | | |
| 16h05 | 5 | **Steam Release: Hand Washing Song**  <https://www.youtube.com/watch?v=L89nN03pBzI&vl=en> | | None | | Akela |
| A Chef wears a uniform like you do doe cubs except a Chef’s uniform is usually a white coat like shirt and pants and they often wear a Chef’s hat. Before we can cook you need to put on an apron or an old t-shirt over your uniform.  Most people when they go to a restaurant order a 3-course meal – a starter, a main meal and a dessert. A Chef needs to be able to do all three. So, let’s begin with the dessert! | | | | | | |
| 16h10 | 10 | **Activity: Banana Pudding Cups**  Take the biscuits and crush them in a bag and set aside. Chop up a banana an keep it aside  Add the instant pudding to the bowl and measure out the milk. Add the milk to the bowl and mix for a minute with a hand mixer until the mixture is thick.  In a cup or small glass put some of the crushed biscuits in the bottom. Then add some of the instant pudding mixture. Add some of the sliced banana. Keep layering like that until the cup is full. Finish off with some banana slices.  Put the pudding in the fridge to set. | | 5 of your favourite biscuits like marie biscuits  1 packet of your favourite instant pudding  Milk  banana | | Dragonfly |
| A Chef has to work long hours sometimes from early mornings to late at night and often 7 days a week. A Chef also needs to multitask, so they need to be able to do a couple of tasks at the same time, so, while the pudding sets let’s make the starter. We are going to make some cheesy rolls. | | | | | | |
| 16h20 | 15 | **Activity: Starter Cheesy Roll**  Preheat the oven to 180C. Slice the roll in two lengthwise. Put about a quarter cup of softened butter or margarine in a bowl. Add some garlic spice and seasoning and mix it together. Spread the butter on each half of the roll and add the cheese on top. Put the roll on a baking tray and pop it into the oven for 10 minutes. | | Roll or slice of bread, half a cup of cheese, herbs and spices like garlic, butter | | Bagheera |
| While the Cheesy Roll is in the oven let’s hear about Jack and the Runner Beans. We need your help with this story. | | | | | | |
| 16h35 | 10 | **Yarn: Jack and the Runner Beans** | | None | | Kai |
| Check on your cheesy rolls. Take them out of the oven. Be careful not to burn yourself. | | | | | | |
| 16h45 | 20 | **Activity: Savoury Mince and Rice – Part 1**  Fry the onion in a little oil in the pot. Remember to ensure your pot handles don’t face to the front of the stove. Add the mince and brown it. Add the tomato paste and stir through. Add the gravy powder or the stock cube to a cup of boiling water and stir it to mix the gravy powder or mix the stock cube. Add this to the mince and let it simmer for 10 minutes. | | | Onion, mince, vegetables, gravy powder/stock cube. Precooked rice | Chil |
| While your mince is cooking let’s play a game of knife, fork, spoon | | | | | | |
| 16h55 | 10 | **Game: Knife, Fork Spoon**  Everyone plays a game of knife fork spoon. Leader counts down 3 2 1 and every player holds up one of the items. When everyone has done this the Leader shows their item. Everyone with the same item as the Leader gets a point. Cubs keep their own scores. | | | Knife, Fork and Spoon | Kai |
| Now to finish off our main course. It is important to make sure we eat healthy food so we should try to have a balanced meal. So, what do you think is missing from our meal to help make it a more balance meal? Vegetables and some starch. | | | | | | |
| 17h05 | 10 | **Activity: Savoury Mince and Rice – Part 2**  Add the vegetables and the rice and cook for another 5 - 10 minutes. | | |  | Chil |
| While our main meal is cooking let’s hand out some badges to those cubs who have been busy working on interest badges. | | | | | | |
| 17h15 | 5 | **Hand out of badges**  Your savoury mince and rice should be ready. You can serve it up on a plate or in a bowl after the meeting. Just remember to switch the stove off properly – preferably at the wall. | | |  | Akela |
| Well done little chefs. You have a lovely 3 course meal to enjoy. Remember to clean up the kitchen. Remember to recycle what can be recycled and to wash the dishes or load the dishwasher after you have eaten. | | | | | | |
| 17h20 | 5 | **Closing:**  Flag down  Cub Prayer | | None | | Akela |
| Silver Wolf:  Awareness Challenge: Healthy Living:  1. Explain the importance of washing your hands before handling food, before eating, and after using the washroom.  2. Know and understand the importance of good eating habits. | | | Cooking Interest Badge  1. Know why you should wash your hands before preparing food.  2. Know the correct way to dispose of rubbish both at home and in the bush when camping.  4. Prepare and cook the main meal and a hot drink for the family. Wash up and put away the dishes and utensils.  6. Learn the dangers of working with a hot stove, microwave oven and cooking over an open fire. | | | |

**Recipes**

Apron or large t-shirt

**Banana Pudding Cups**

Serves 1

**Ingredients**

6 x marie biscuits or similar (add more if you want to make more servings)

1 x box instant pudding mix\* (any flavour – vanilla, chocolate, butterscotch, banaba etc.)

450 ml cold milk

1 x banana

\*The instant pudding should serve 4 people

**Equipment**

1 x plastic bag to crush bisuits

Rolling pin or something like a glass or cup to crush biscuits

Mixing bowl

Electric beater or whisk

Measuring jug/cup

Knife

Chopping board

Spoon

Cup or glass for serving

**Method**

Put biscuits in a bag and crush them.

Chop the banana into slices

Put the milk into a bowl and add the instant pudding. Mix for one minute using the electric mixer or with a whisk.

Put some of the crushed biscuits in the bottom of a cup or small glass.

Add a spoon or two of instant pudding and a couple of banana slices.

Then add some more crushed biscuits, followed by more pudding and banana. Finish off the layers with the banana.

Put the pudding in the fridge and leave to set.

**Cheesy Rolls**

Serves 1

**Ingredients**

1 hotdog roll or 2 slices of bread (add more)

¼ cup butter/margarine (softened but not melted)

½ cup grated cheese

Various spices like garlic salt, mixed herbs, aromat etc.

**Equipment**

Bread knife

Butter knife

Small mixing bowl

Baking tray

Oven gloves/mits

Plate for serving

**Method**

Preheat the oven to 180°C.

Cut the roll in half lengthwise.

In a bowl mix the butter and the herbs and spices together.

Spread the butter mixture on each slice of the roll or bread.

Add the grated cheese on top.

Put the roll halves or slices on a baking tray and bake in the oven for 10 minutes.

**Savoury Mince and Rice**

Serves 1

**Ingredients**

Small onion diced

1 tablespoon oil

150g mince

Spices and herbs you like – garlic spice, mixed herbs etc.

50 g tomato paste

Gravy powder or beef stock cube

1 cup boiling water

1 cup cooked rice

½ cup diced vegetable of your choice. Can be frozen or fresh

**Equipment**

knife for chopping

chopping board

small pot

wooden spoon

small jug or cup

fork

**Method**

Dice the onion

Add the oil to the put and fry the onion a little

Add the mince and brown it.

Add the spices you want

Add tomato paste and mix through.

Dissolve the stock cube or 2 tablespoons of gravy powder in a cup of boiling water. Mix through with a fork.

Add this to the mince mixture and cook for about 10 minutes

Add the vegetable and cooked rice and simmer for another 10 minutes.

Serve

